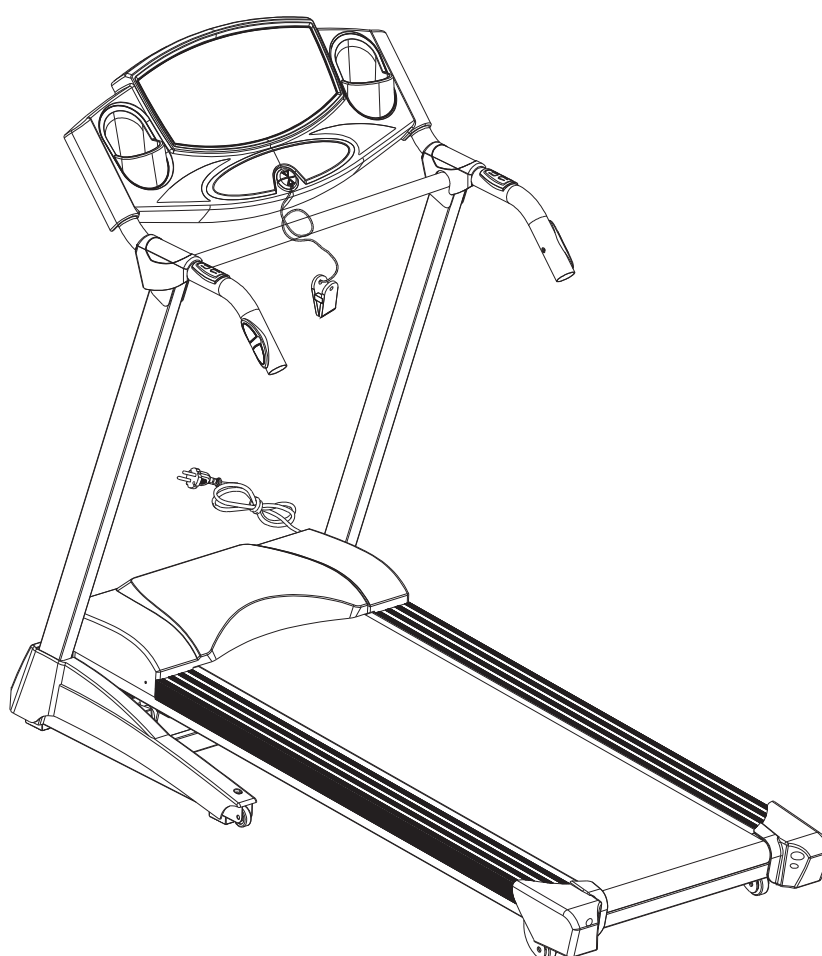


BODYWORX



Treadmill

**Model No:
JX125**



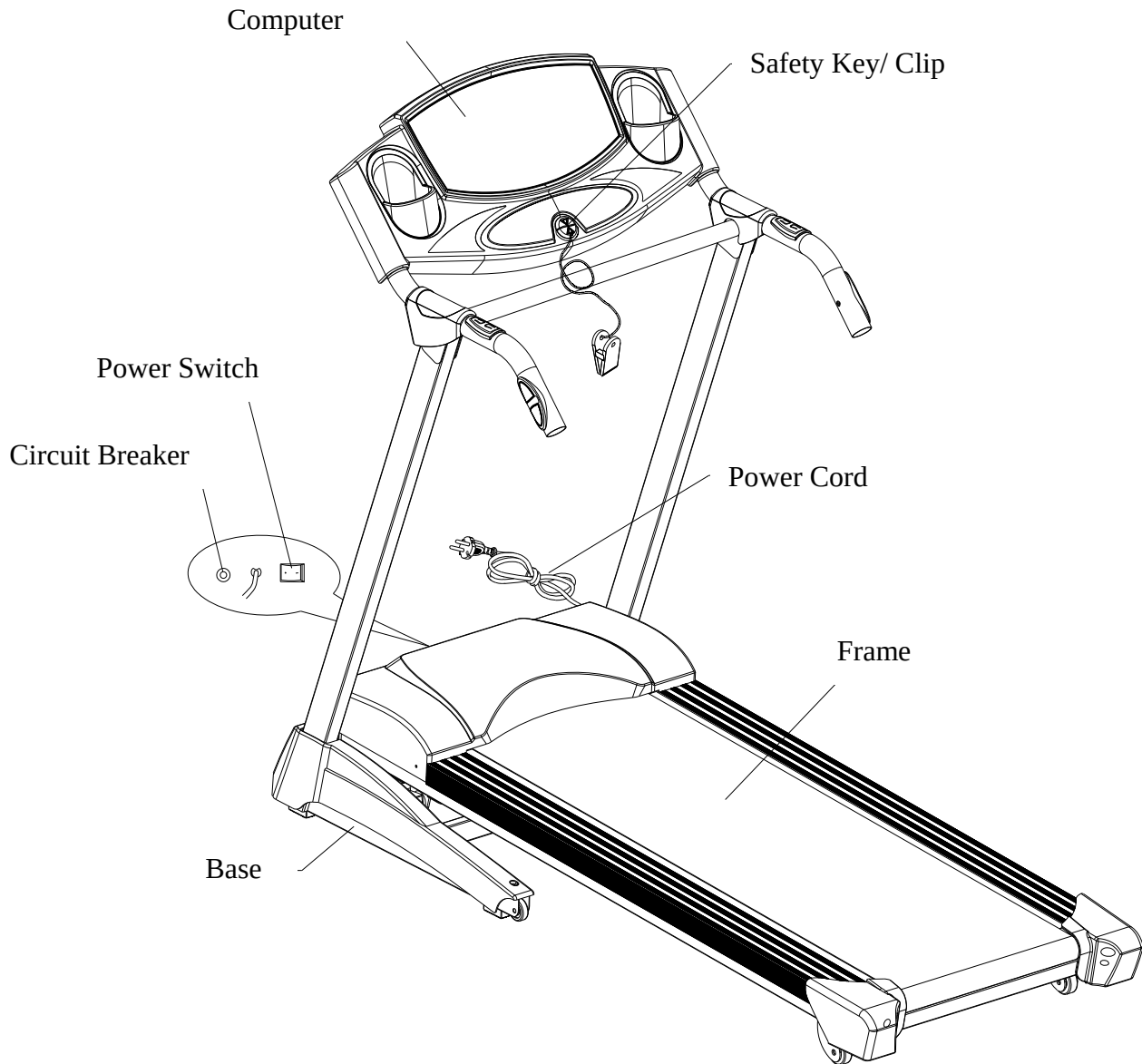
**Retain this owner's manual for future reference
Read and follow all instructions in this owner's manual**

Version A

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1. OVERVIEW DRAWING



2. IMPORTANT SAFETY INSTRUCTIONS

When using this product, basic precautions should always be followed, including the following:

Please read the instruction carefully before starting to use this product.

Danger – To reduce the risk of electric shock :

1. Always unplug this product from the electrical outlet immediately after using and before cleaning the treadmill.

Warning – To reduce the risk of burns, fire, electric shock, or physical injury :

1. The product should never be left unattended while plugged in.
Unplug the product from the outlet when not in use or before putting on or taking off the clothes and other belongings.
2. To avoid any danger, close supervision is necessary when this production is used by children, invalids or disabled persons. So it is when the machine is working with such persons around.
3. Be sure to use the product only for its intended use as described in this manual. Do not use any attachment not recommended by the manufacturer in order to avoid any danger or accidents.
4. Never operate the product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or dropped into water. Please return the product to the service center of seller for examination and repair.
5. Do not carry this product by the supply cord or use the cord as a handle.
6. Keep the cord away from hot surfaces or ground.
7. Never operate the product with the air vents blocked. Keep the air vents free of lint, hair, etc.
8. Never drop or insert any objects into any vent of the treadmill.
9. Do not use or operate outdoors.
10. Do not operate where aerosol (spray) products are being used or where oxygen is thin.
11. Before turning the product power off, turn all controls to the off position then remove the plug from the outlet.
12. Connect the product to a properly grounded outlet only.
13. If the power cord is damaged, be sure to ask the manufacturer for replacement to avoid accidents .The seller and correlative qualified professionals are as well as eligible.
14. If the machine has folding mechanism, user should descend the incline to original position after workout.
15. During workout, you can't use the folding mechanism function at the same time.
16. The product is only intended for household use.

3. GROUNDING INSTRUCTIONS

The products must be grounded first. If malfunction or breakdown occurs, grounding will provide a path of least resistance for electric current to reduce the risk of electric shock.

The product is equipped with a cord having an equipment-grounding conductor and a grounding plug.

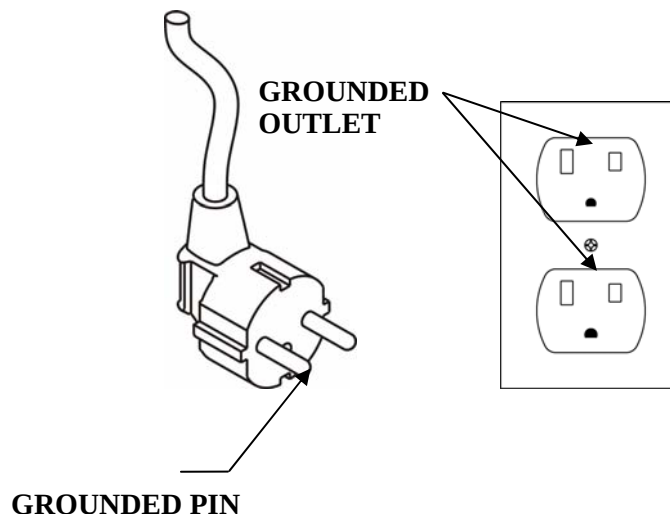
The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

Danger – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you doubt whether the products are properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet install by a qualified electrician.

The products is for use on normal 220V-240V and has circuit and contains a plug that looks like the one illustrated in the figure. Make sure that the product is connected to an outlet having the same configuration as the plug.

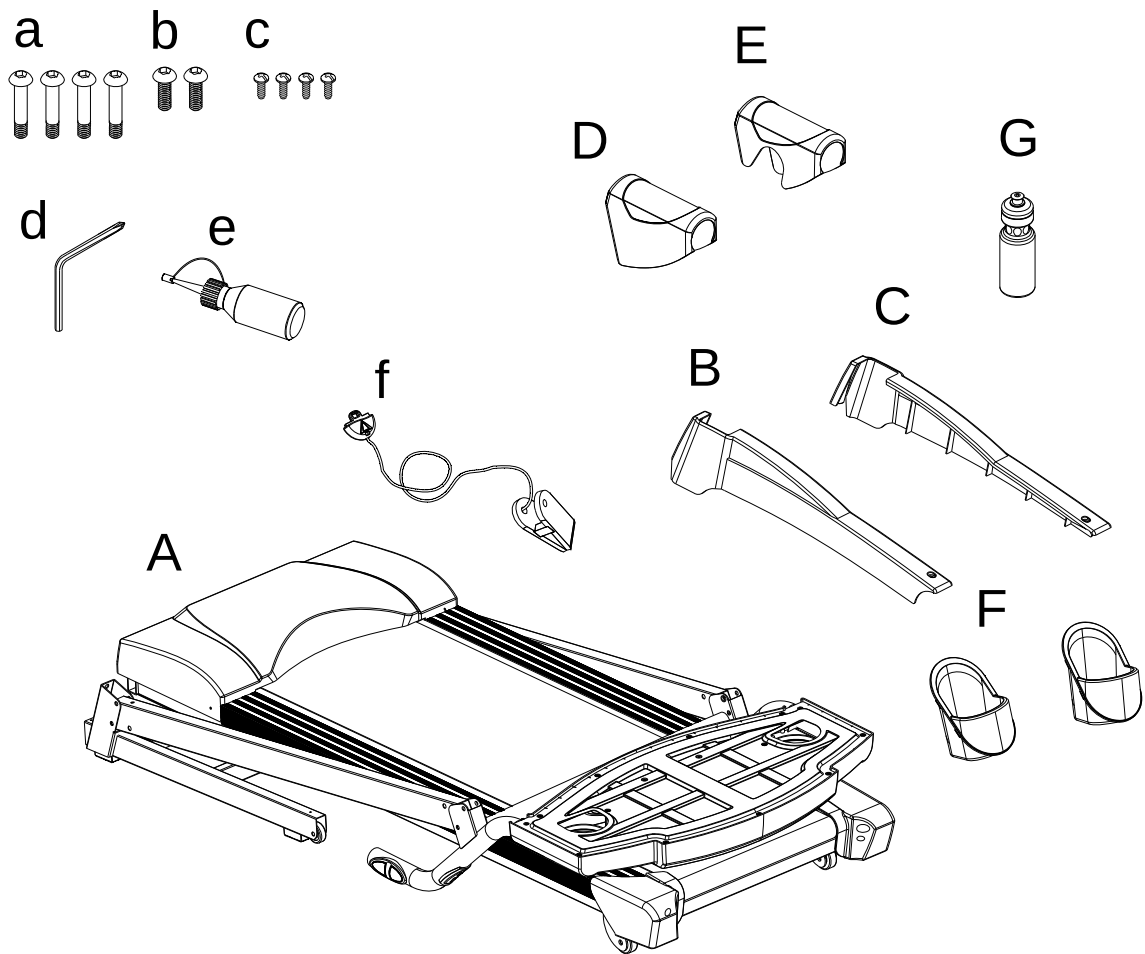
No adapter should be used with the product.

Figure
Grounding methods



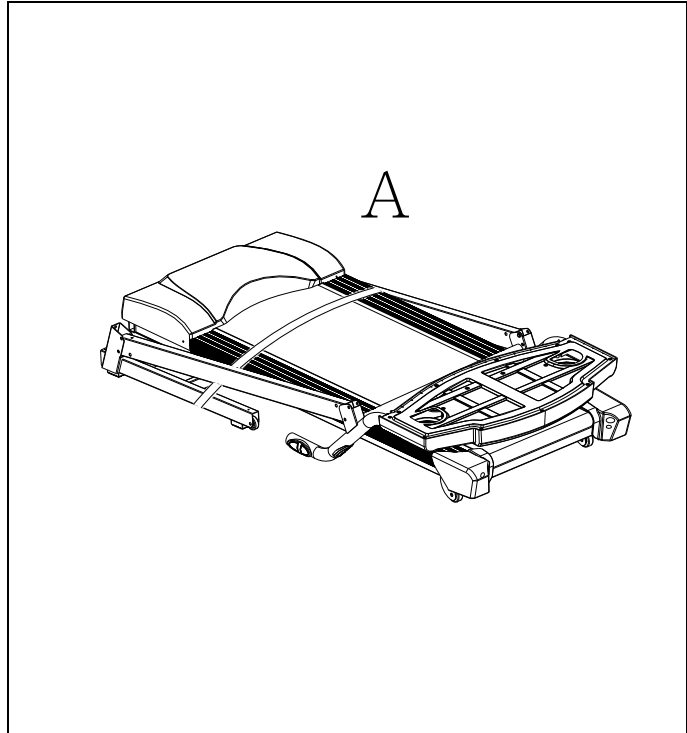
4. PRE-ASSEMBLY CHECK LIST

ITEM	Description	Qty	ITEM	Description	Qty
A	Frame	1	a	Truss Hex Screw M8xP1.25x40	4
B	Left Decoration Cover	1	b	Truss Hex Screw M8xP1.25x15	2
C	Right Decoration Cover	1	c	Truss Philips Screw M5xP0.8x15	4
D	Cover-Left	1	d	Hex Wrench + Screwdriver 5mm	1
E	Cover-Right	1	e	SILICON	1
F	Cup Holder	2	f	Safety Key/Clip	1
G	Bottle	1			



5. ASSEMBLY STEPS

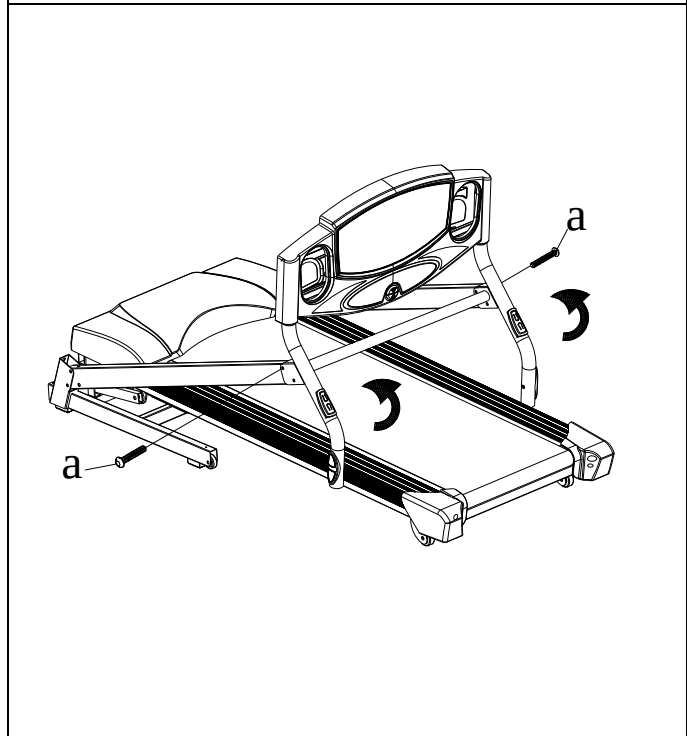
1. Don't cut the strap before pick up the machine from the box as shown in the right pictures.



Two persons are required to finish the assembly steps.

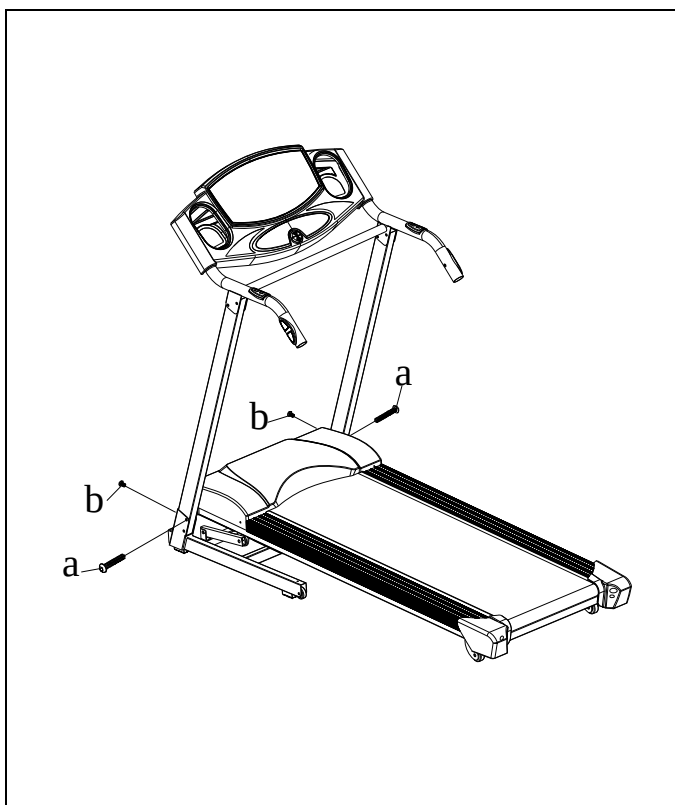
(Caution!! Please follow exactly the assembly steps below to avoid injury.)

1. Put up the two computer handrail tubes of Frame(A) as shown in the right drawing and tighten with hex screw(a).
Ps. To avoid danger, always assemble the treadmill with more than two workers, do not assemble by yourself.

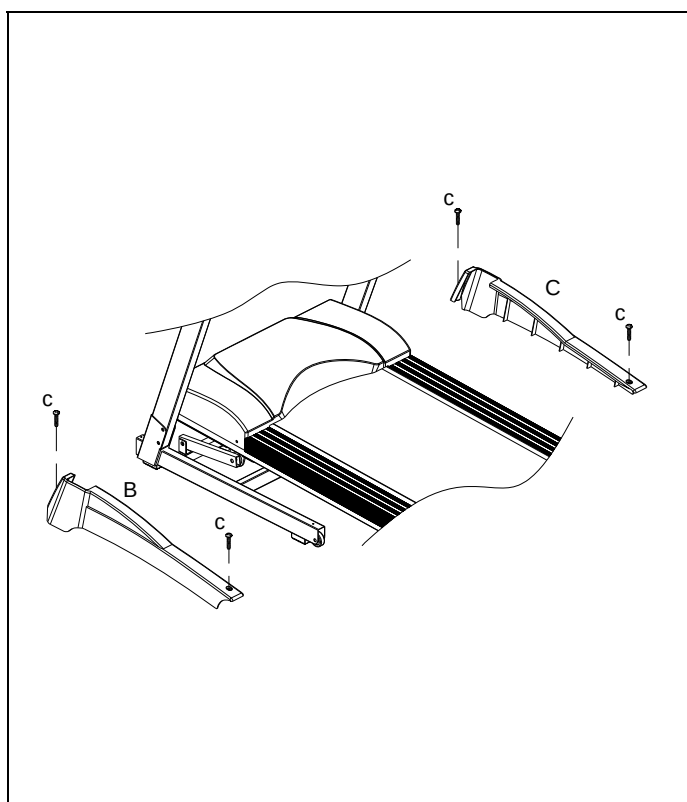


2. Then put up the left and right uprights as shown in the right drawing and tighten with hex screw(a and b).

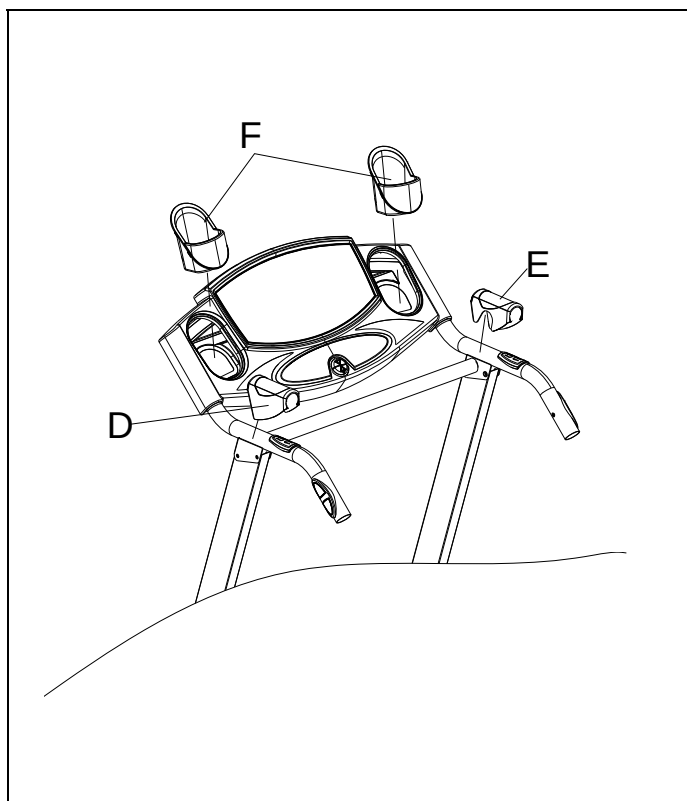
Ps. To avoid danger, always assemble the treadmill with more than two workers, do not assemble by yourself.



3. After tightened the left and right uprights, insert left and right decoration covers(B,C) onto frame respectively as the right drawing shows and tighten with Philips Screw(c)



-
4. Wedge cup holder(FG), left and right covers(E,D) onto the corresponding position as shown in the right drawing.



6. CAUTION

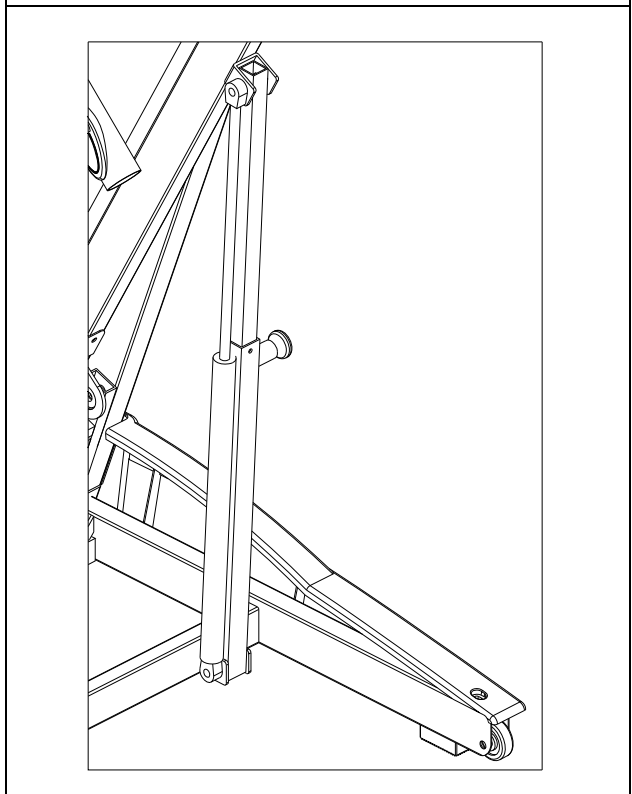
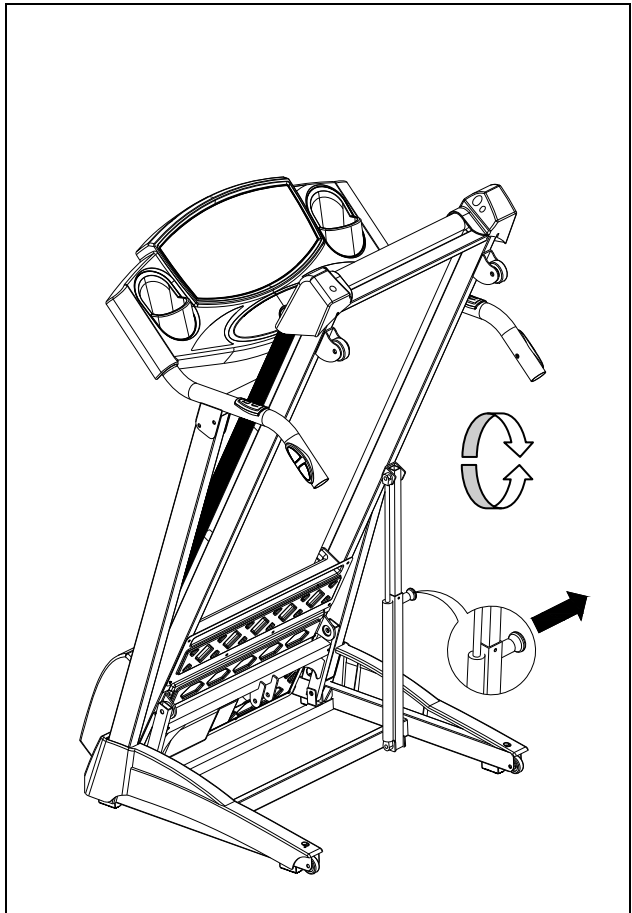
1. This treadmill has the foldable mechanism for storage. Stop all the movements (including stop the running belt and take off the power cord) before storage, then pull out the POP-Pin of the folding fixing mechanism as the direction shown in the drawing and then lift up the frame. When doing this action, two persons need to operate together, one lift up the frame, the other pull out of the POP-Pin. In reverse, if you want to use the treadmill, pull out the POP-Pin of the folding mechanism as the arrow shows in the drawing and put down the frame slowly.

(Ps.1. To prevent from causing danger, be careful if the kids are around.)

(Ps.2. To avoid injury, two persons need to operate together, one lift up the frame, the other pull out of the POP-Pin.)

Note: The Cylinder contains high pressure gas. Please avoid crash with other objects to avoid danger.

Note: If the Cylinder is hit, it might be damaged and cause the usage not smooth. The treadmill might fall while folding.



7. MAINTENANCE

1. If the belt tends to move off the center, stop the treadmill. Take the Hex Wrench and adjust the Hex Screw in the Rear End Cap. For example, if the running belt is moving towards the left side, tighten the left Hex Screw about 1/4 turn(clockwise); if the running belt is moving towards the right side, tighten the right Hex Screw about 1/4 turn(clockwise); Turn on the treadmill after it has been adjusted. If you find that the belt has not moved to the proper position, please repeat the steps above. Don't use the treadmill until the running belt returns to the center position.

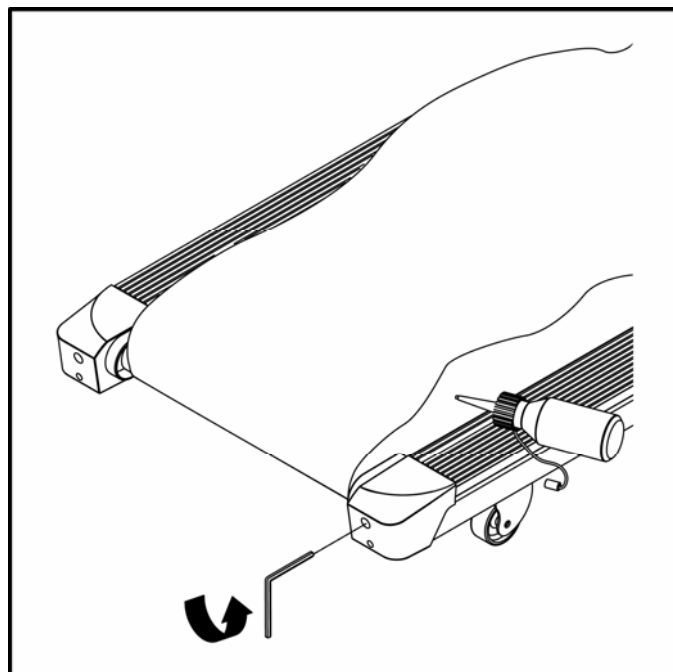
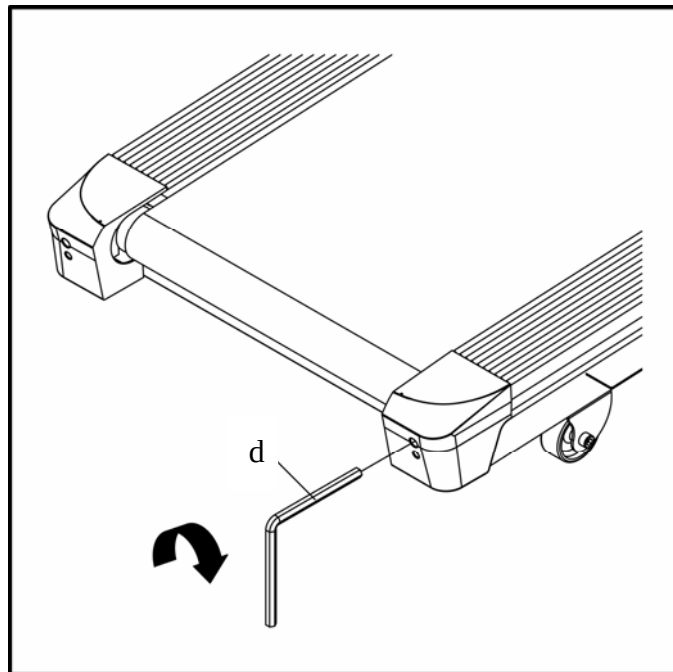
(Ps.1. This action is very important, if the belt is not in the center, be sure to follow above steps.)

(Ps.2. The position of running belt might not stay precisely in the center with slightly towards the left and right sides, and the situation varies with how end-users use and the weight of end-users. No need to adjust the belt if it doesn't rub against the parts aside.)

2. Depending on the usage of the product, please apply SILICON on the board according to the below chart. Use the Hex Wrench to unscrew the bolt inside the Rear Roller. Then pull the belt up and daub some SILICON to the center of the board. After that, adjust the belt to the center of the deck, followed by tightening the screw to the original set.

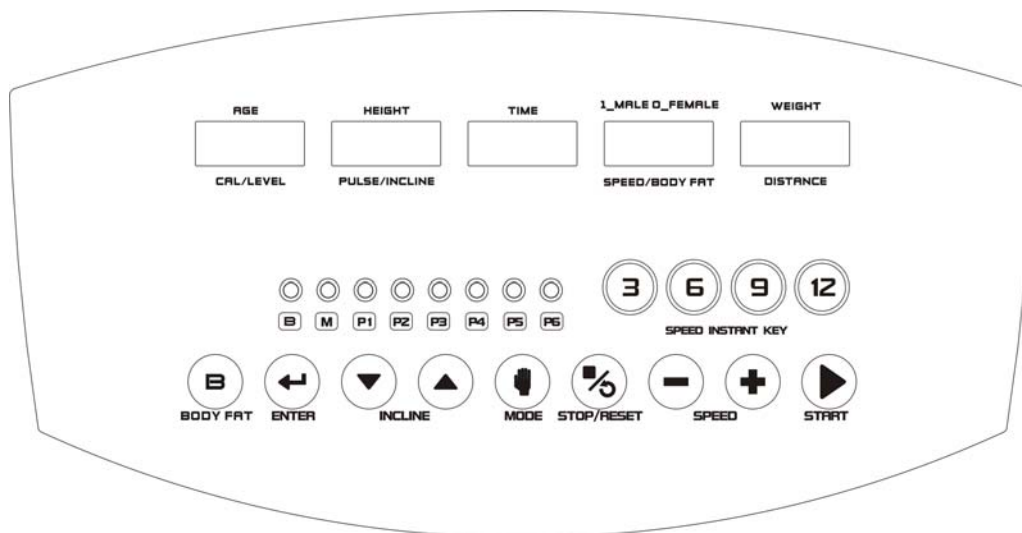
(Ps. When the belt is sliding, please follow the above method to lubricate the running belt.)

KGS/LBS	Speed	Interval
KGS	6KM/hr below	1 year
	6~12KM/hr	6 months
	12KM/hr above	3 months
LBS	4mile/hr below	1 year
	4~8mile/hr	6 months
	8mile/hr above	3 months



Note: This maintenance is intended for household use.
If used for business, it is suggested to examine the product every other month.

8. COMPUTER OPERATION INSTRUCTIONS



I. General Operation :

1. Turn on the treadmill
2. Put the safety key in the recess of the console.

The beeper will sound and all windows will display values, the initial values are 0, and not blinking, this present treadmill is under START/READY position, under this situation, user can

hold the grip pulse sensor to detect heart rate value directly.

**If safety key/ clip doesn't place in the recess of the console, the TIME window will display "----", then the treadmill can't be operated normally.

**During work out, if the safely key/clip is off, then the beeper will sound for warning, then the treadmill will stop operation. At this moment, put the safety key back to the recess of console, then all the values will back to initial values.

**Under START/READY condition, if you did not hold grip pulse sensor, then PULSE window will display HP, when you hold the both sides of grip pulse sensor, you will see the PULSE window display the heart rate values.

** PULSE value range : 40~240 Beats/min

** Check list below for different age and heart rate values :

HEART BEATS/MIN	170										OVER
	150	166									MIDDLE
	120	146	162								LOW
		117	143	157							
			114	137	153						
				111	135	149					
					108	131	145				
						105	128	140			
							102	124	136		
								99	120	132	
									96	116	
										93	
	20	25	30	35	40	45	50	55	60	65	(Age)

- Press  to start treadmill, the treadmill will start with a speed of 1.0km/hr, at this time press  or  keys to increase/ decrease speed(also can press fast speed buttons     to instantly choose the speed you need), press  once to stop your workout(press  one time, all values stop changing. Then press the second time and hold the  button for 3 seconds, the treadmill will automatically go back to the START/READY position.)
- The treadmill has the function of incline adjustment. Press ,  key to control the incline angles of the treadmill, press and hold the ,  buttons, treadmill will change angles accordingly, when reach the angles you need, just release the buttons then the treadmill elevation will stop changing.

** When the SAFETY KEY is taken off and then replaced, the treadmill will not reposit from any position it is. You need to press start key to perform the reposition.

** When the power is on, the treadmill will not reposit from any position it is. You need to press start key to perform the reposition.

** Under start/ready status, press stop key for 5 seconds, the treadmill will reposit from any position it is.

**During performing any program, by press stop key, the program will stop. If users want to resume to the program, press start key or press stop key again to leave the program and back to

start/ready status.

II. 、 MODE operation instruction (Under this mode total have MANUAL and 6 PROGRAM installed program):

1. MANUAL : Under this mode, you can set up the time, distance as your need, operation method are as below :

1.1. Press , when see the light of MANUAL LED light is blinking, press , then into the MANUAL mode.

1.2. At this moment you can press ,  to set up time, after finished, you can press  directly to operate, or press  to distance.

Program pre-set values is 20 min

Time range : 5~99 min , Step is 1 min

1.3. At this time you can press ,  to set up distance, after finished, you can press  directly to operate, or press  back to MODE option.

Program pre-set value is 5 km

Distance range : 1~9.9 km ,Step is 0.1 km

2. PROGRAM : Under this mode, including P1~P6 total 6 modes, you can choose your favorite mode, operation as following:

2.1 Press , when see MANUAL LED light is blinking, you can press ,  to choose P1~P6 any one of mode, then press  then can into the mode you choose.

2.2 After into the mode, you can see the LEVEL window begins to blink, under PROGRAM mode, P1~P6 each mode have 3 LEVEL, you can choose your favorite mode.

2.3 At this time you can press ,  to choose LEVEL, after finished, press  then the treadmill will begin to operate, or press  into PROGRAM time setting.

2.4 After into the time setting, you can press ,  to set up time, after finished, can press  directly to operate, or press  and back to MODE option.

Program pre-set 32 min

Time range : 5~99 min , Step is 1 min

2.5 Regarding to the P1~P6 installed values, please refer to the last page Annex 1~ Annex 6

III、Body fat mode :

1. Under START/READY condition, press , you can see the Body Fat LED light is blinking, present you are in to Body Fat function.

When you choose this function, program will require you enter following values.

⊙Age : Pre-set value is 30 , range : 13~80 , Step is 1. Press ,  to adjust, after choose correct value, press  into next value setting.

⊙Height : Pre-set value is 170 cm , range : 130~200 cm , Step is 1 cm. Press ,  to adjust, after choose correct value, press  into next value setting.

⊙Sex : Pre-set value is 1(male). Press ,  to change 1 (Male),0(Female). After choose the correct option, press  into the next value setting

⊙Weight: Pre-set value is 70 kg ,range :30~130 kg ,Step is 1 kg. Press ,  to adjust. After choose correct value, press  and put both hands straight and hold the grip pulse sensor about 15seconds, after 15 seconds, Body Fat window will display your Body Fat value, in the same time, on the computer panel left side the LED light will display figure evaluation.

2. As the male and female has different fat, so the figure evaluate light also different, below provide a list for reference:

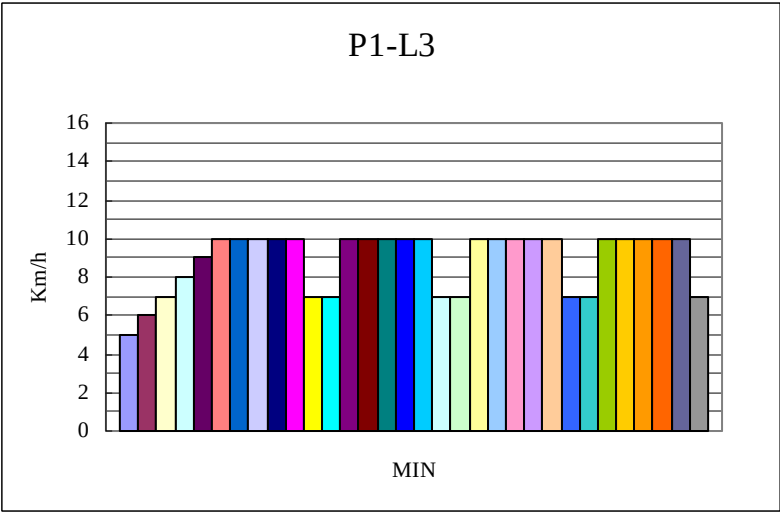
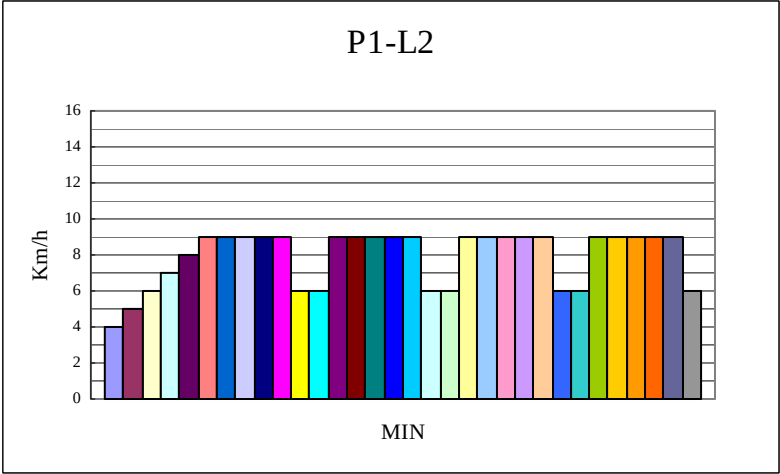
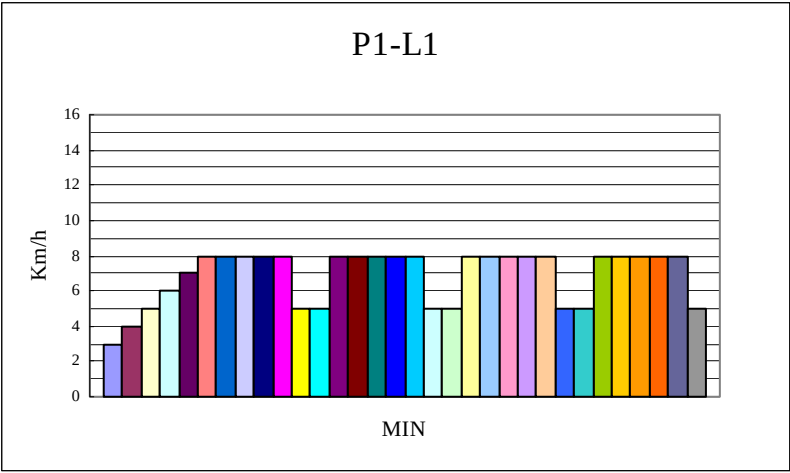

Underweight

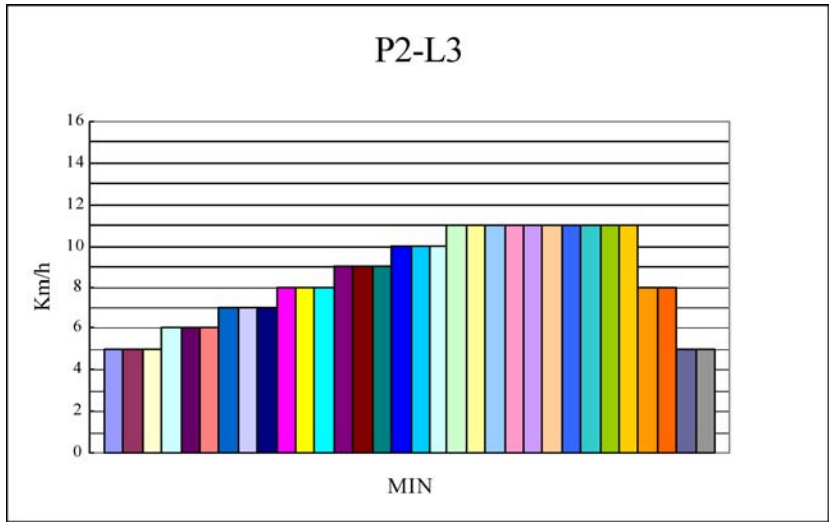
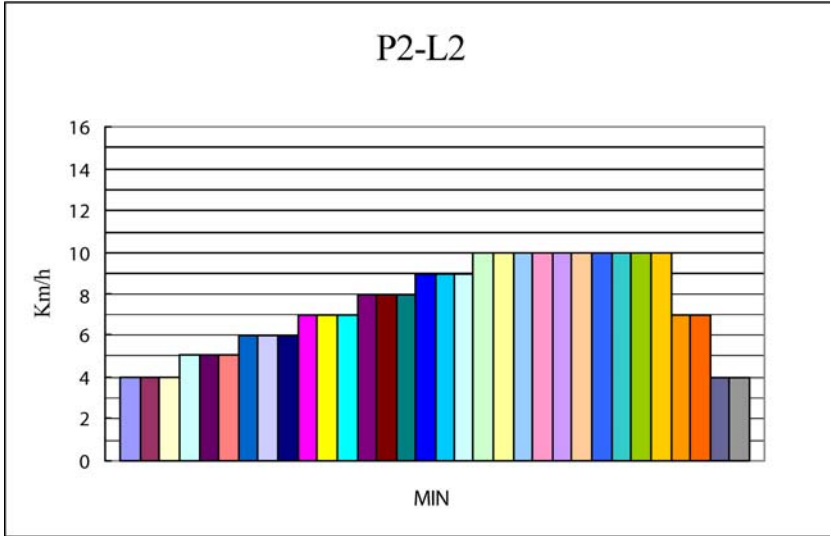
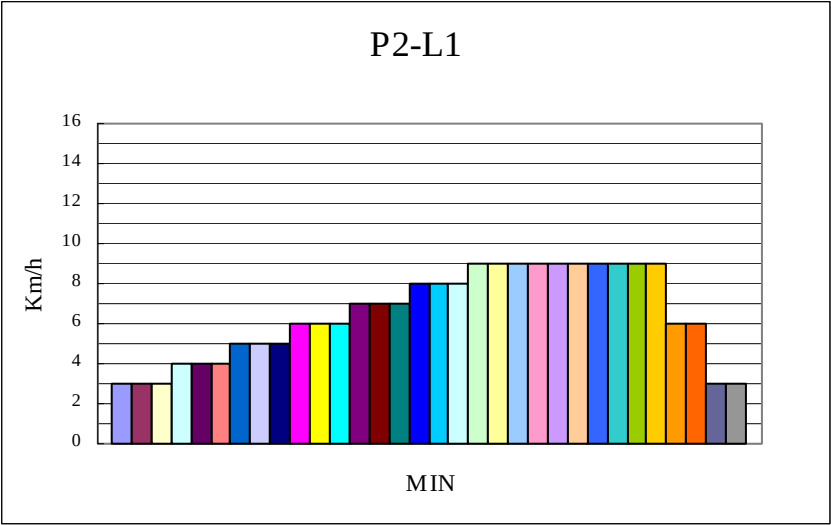

Normalweight

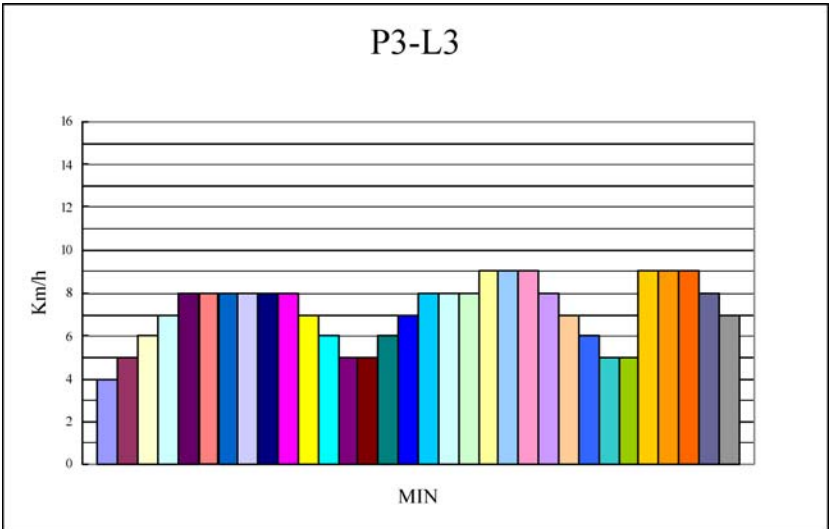
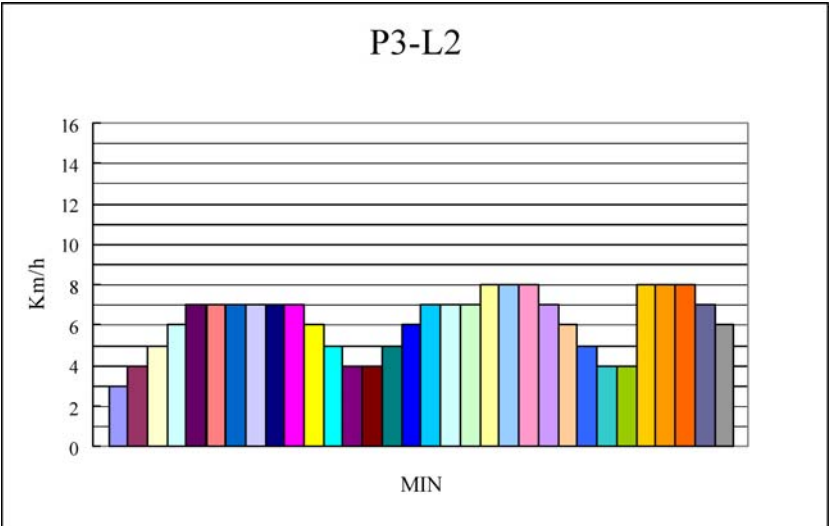
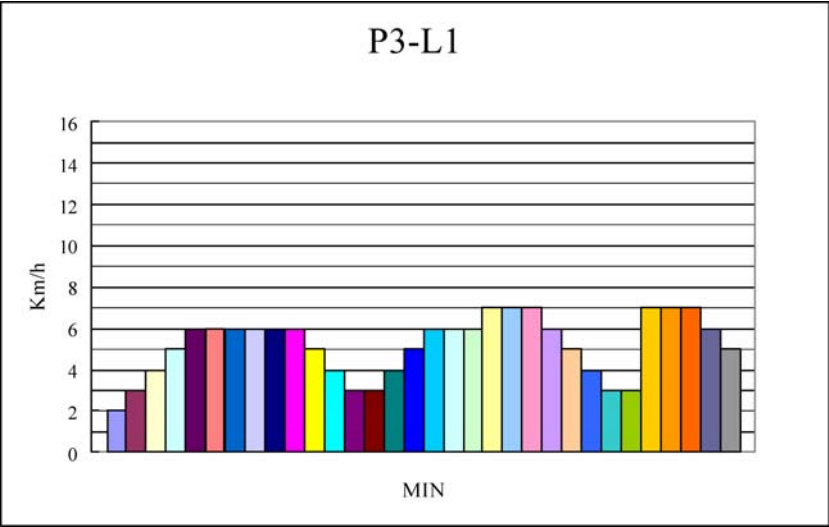

Overweight

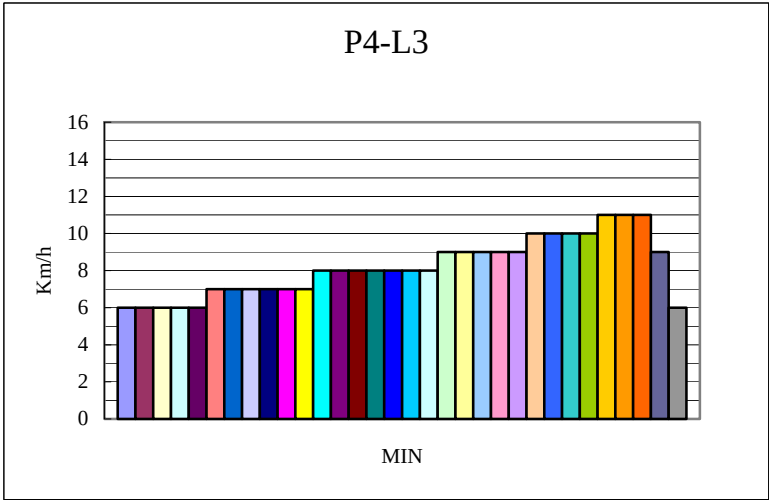
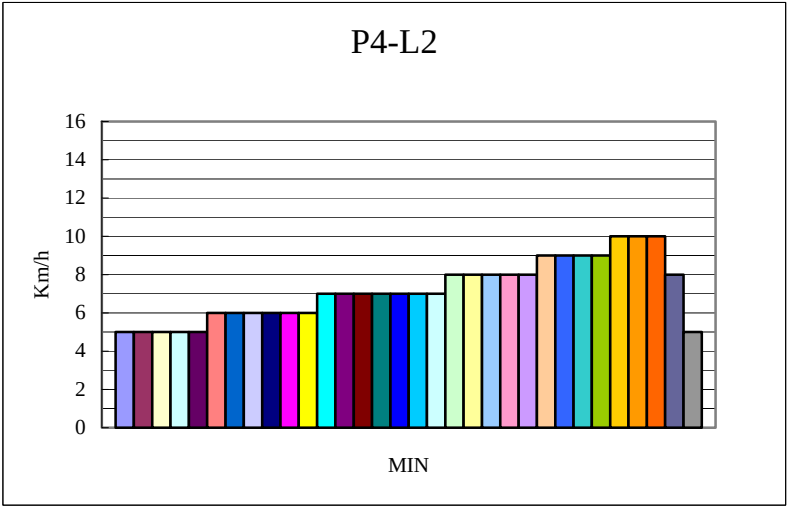
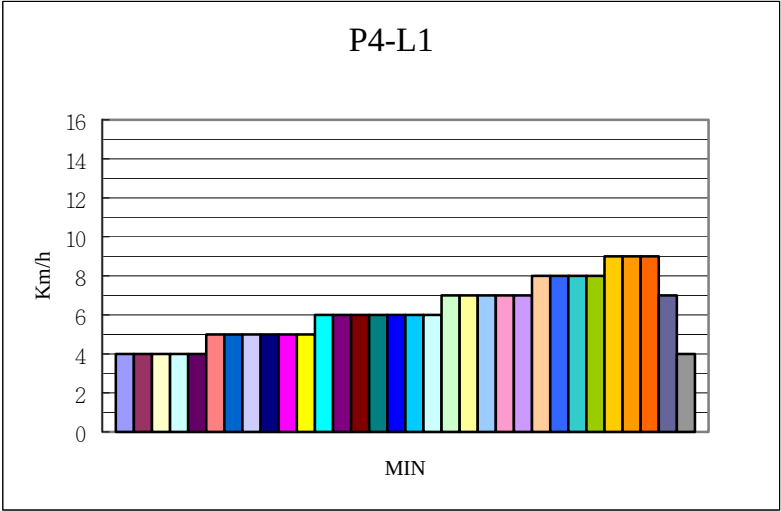

Obesity

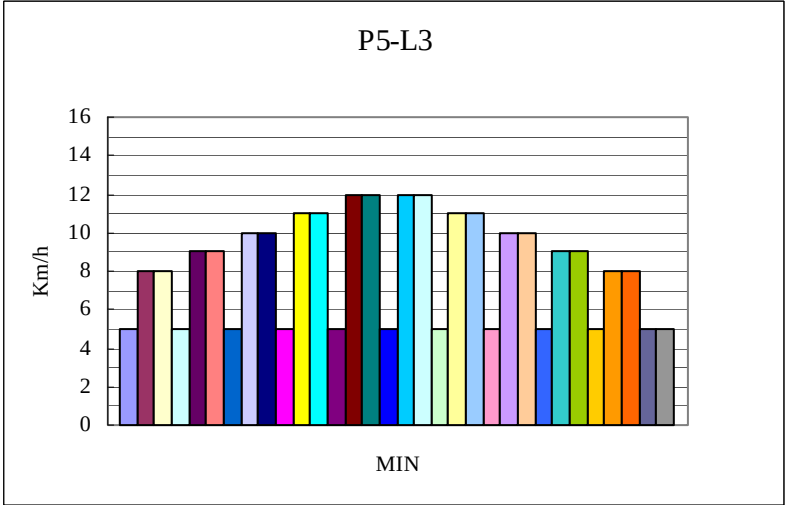
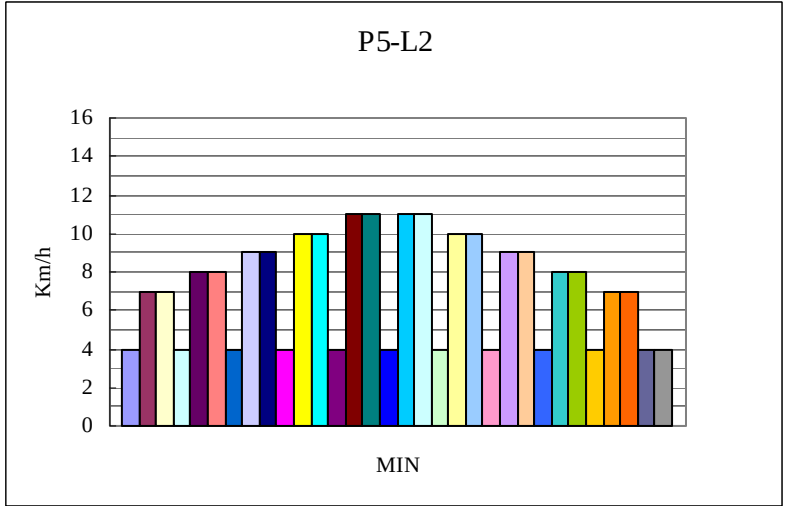
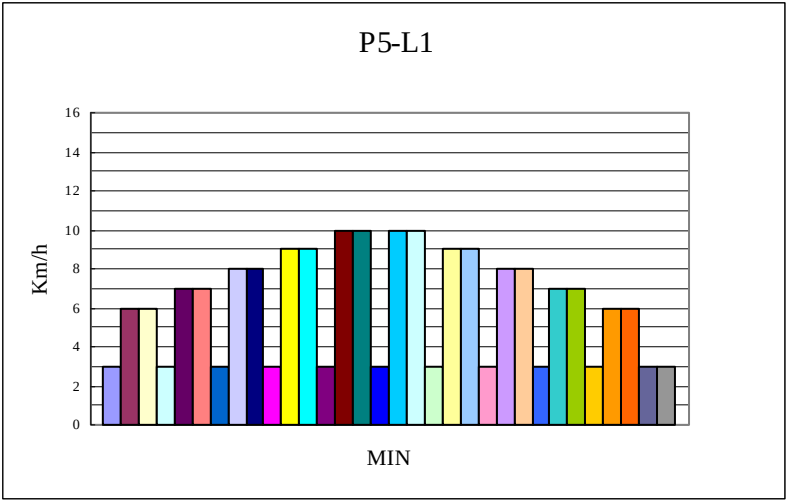
Light Sex								
1.(Male)	0.0~4.9	5.0~9.9	10.0~14.9	15.0~19.9	20.0~24.9	25.0~29.9	30.0~34.9	35.0 以上
0.(Female)	0.0~14.9	15.0~19.9	20.0~24.9	25.0~29.9	30.0~34.9	35.0~39.9	40.0~44.9	45.0 以上

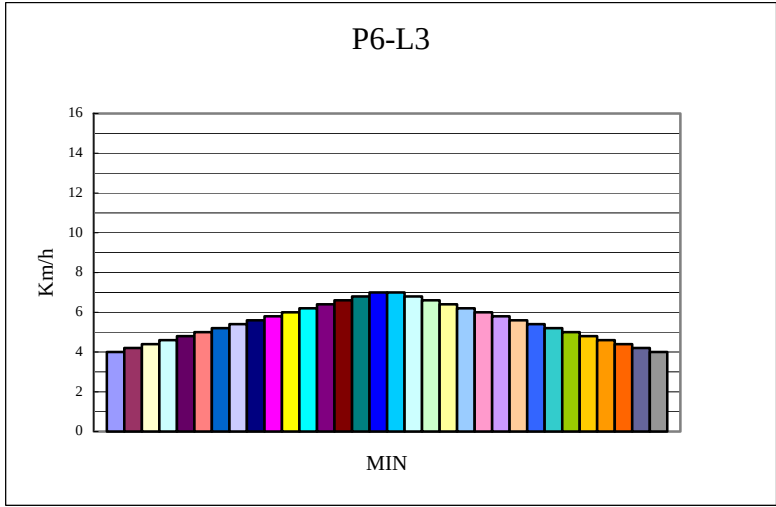
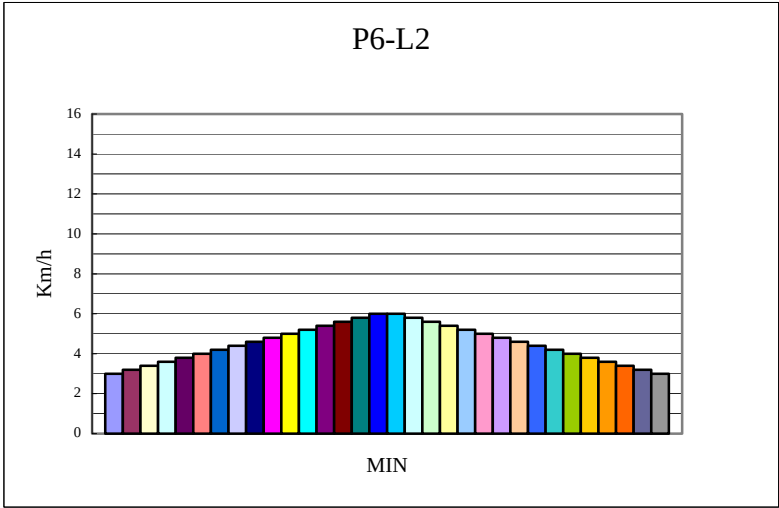
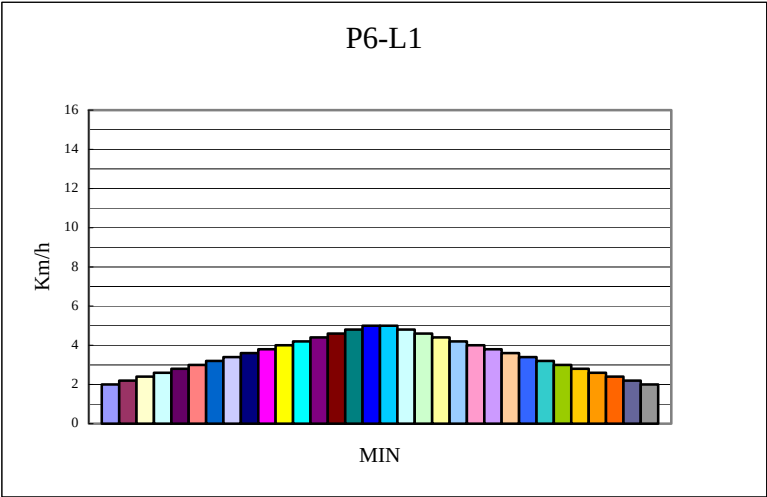














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